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HOUSEKEEPERS' CHAT WEDNESDAY, October 18, 1933.

.3Hh

(FOR BROADCAST USE ONLY)

SUBJECT: "CHILLY WEATHER PUDDINGS." Information from the Bureau of Home Economics, U.S.D.A.

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Let the old songs praise the good old summertime, as they please. But any woman who has to plan meals for a family knows that the good old wintertime has its advantages, too. Chilly weather gives an opportunity for using some of the most prized recipes. I'm thinking especially today about all those delicious hot puddings that we can have once again now that fall is here. Think of all the treats the family is in for from now on, desserts just out of the oven or the steamer or just off the top of the stove. You couldn't serve a steaming apricot pudding with hard sauce melting down its sides on a July day. But try one on the family in October or January and see if it doesn't cheer the spirits of everyone around the table. Hot apple upside-down cake or hot apple pie with melted cheese on top is rare on a day in June. But how it is appreciated on a day in November. The north wind may blow, but who minds with all these cheery hot puddings and other winter dishes to make up for the weather outside?

Let's take a glance at some of these dessert possibilities just by way of refreshing our memories. And while we're at it we might check over our recipe file or scrap book and see if we have recipes on hand for the many different kinds of hot and economical desserts. First, the hot pies and pastries. In cold weather almost any kind of pie tastes good hot. I know a lady who actually dotes on hot lemon pie and hot custard pie. But most people prefer hot pies of the fruit variety -- raisin or apple or mince. Hot dumplings? By All means. What could be better than hot apple or canned peach dumpling served with cream on a cold night?

Hot baked desserts? Lots of them to fit in any menu where you have the oven for some other dish. I'd like to mention once again that popular and inexpensive fall dessert, apple brown betty - an apple & bread crumb combination. Be sure to use twice as much apple as bread crumbs to make this a success. Cinnamon is the favorite seasoning. Serve it right from the oven with plain or whipped cream or hard sauce. Bread puddings are another economical variety of baked dessert. And they're delicious if you make them like custard and don't use too much bread. Two cups of dry bread crumbs to one quart of milk and three eggs--that's the best proportion. You can make your bread pudding plain with raisins or dates or you can flavor it with chocolate. Just remember not to spoil the flavor and texture by making it too heavy with bread. Other hot oven desserts are the upside down cakes--made with either pineapple or apple, and the plain inexpensive cake mixtures served hot with lemon or chocolate sauce, with jam or preserves, or with caramel or even custard sauce. Every good cook knows the trick of varying her plain desserts by serving different kinds of sauces with them.

So much for the hot baked desserts. But the real old-time desserts are the steamed puddings. These historical desserts have been passed down to us since the thirteenth century--possibly before. Yes, way back there when Columbus was setting out for America, cooks in England and France were feeding their families puddings. They called them "podings" in those days, and they didn't make them exactly as we do today, either. They generally boiled them in bags. That's where the name bag pudding came from. Some of the most famous old puddings are the Christmas plum pudding, and the suet pudding.

Perhaps you have a variety of suet puddings in your recipe file. Old-fashioned housekeepers used to pride themselves on their collection of pudding variations. My great-grandmother had recipes for puddings named "New College", "Spread Eagle", "Hunter's Pride" and "Poverty Pudding" - all variations of the plain suet pudding. Suet puddings are some of our heartiest desserts. They pile up calories in short order, for they're rich in both fat and carbohydrates--good fuel for cold weather. By the way, I think the nutritionists might say right here that such desserts are most suitable at the end of a rather light meal. If you have a rich meat, gravy, potatoes, vegetables, breads and all the fixings in the first course, a suet pudding to top it all off will add too much to your load. But if you have a first course featuring perhaps a light egg dish and vegetables in the main part of the meal, a hearty hot dessert like this will give the proper balance.

The Recipe Lady tells me that the best kind of suet for pudding is the white, dry, crumbly suet from beef kidney. You grind this suet. And you combine it with sugar, eggs, flour, baking powder, salt and dried fruit, or with molasses and spices, or with apples and molasses. Lots of different combinations. But when you come right down and analyze them, they're all like very rich cake mixtures, cooked by steaming. If you want to make a small steamed pudding, you can do it in your double boiler. But most cooks use empty baking powder tins or coffee tins that have covers. They put the pudding mixture in these tins with the cover on loosely to allow for rising. They set the pudding on a rack in a covered pan containing some boiling water. The idea of the rack is to let the steam, not the water, cook the pudding. Once the pudding is cooked you can fit on the can-top tight and sterilize in a pressure cooker. Puddings fixed this way will keep for several months. That's an advance idea for your Christmas plum pudding.

Thursday: "How to Buy Sheets".